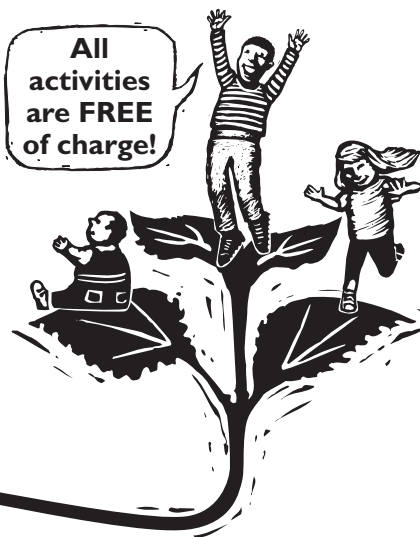


Growing Healthy Families

Springfield District Office, Vermont Department of Health
100 Mineral Street, Suite 104 • Springfield, Vermont 05156
1-802-885-5778 or 1-888-296-8151

All
activities
are **FREE**
of charge!

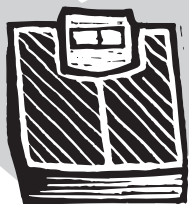


Spring 2010

Lose those extra baby pounds

Wednesday, March 31; 5:00–6:00 p.m.
monthly meeting times to be arranged
Vermont Department of Health
100 Mineral Street, Springfield

Need help losing those extra baby pounds? Find out how many calories your body needs, how to reduce to lose weight, healthy eating choices and exercise ideas. Call Jane Heal at 885-8935 or jheal@vdh.state.vt.us for information.



Day of the Young Child Fair

Saturday, April 17; 9:30–Noon
Riverside Middle School, Springfield

Games, food, entertainment and information — all make for a great family outing. Call the Parent Child Center at 866-5242 for information.

Pregnant? Let us give you a baby shower

Wednesday, April 28; 5:00–6:00 p.m.

Meet other pregnant women, talk about healthy eating in pregnancy, and plans for feeding your baby. Raffles, games, door prizes! Call Jane Heal or Sarah Orr at 885-5778 to register.



Building a Healthy Brain

Part 1: Tuesday, April 6; 6:00–8:30 p.m.
Part 2: Tuesday, April 13, 6:00–8:30 p.m.
Springfield Area Parent Child Center
2 Main Street
North Springfield

The development of the brain begins at conception and continues throughout a child's growing years. Call 885-5242 for information.



Car seat safety check

Friday, April 23
drop in between 2:00–6:00 p.m.
Springfield Plaza

Call Chuck Gregory at 885-8929 for information. Rain site: Fire Department on Hartness Ave.

Springfield Hospital Breastfeeding Support Group

NEW DAY and TIME:

NOW on the 2nd Tuesday of the month
10:00–11:30 a.m.

Call Holly Trail at 885-7342 for information.

